What is claimed is:

1. A pick assembly for playing a stringed musical instrument, comprising:

a pick, having first and second edges converging to a playing tip and having a third edge region opposite the playing tip, designed for deployment by a player holding said pick between the thumb and forefinger;

an attachment portion made and arranged to attach to said pick in the third edge region;

a shaft portion having a first end attached to said attachment portion and extending therefrom along a longitudinal axis of the third edge region to a second and opposite end; and

a generally cylindrical handle portion attached to the opposite end of the shaft portion, made and arranged to be comfortably hand-held between palm and fingers, other than the forefinger, of the player:

said shaft portion being made and arranged to couple effective mass to said pick from a hand, wrist and arm of the player, regardless of any longitudinal tensile or compressive force received by said shaft portion.

2. The pick assembly as defined in claim 1 wherein said attachment portion is made and arranged to attach to said pick in a removable manner, such that said pick can be selected from a group of commonly available picks.

3. The pick assembly as defined in claim 2 wherein said attachment portion comprises a metal spring clip securely attached to the first end of said shaft portion and configured with a pair of plates made and arranged to clamp onto the third edge region in a manner to retain said pick frictionally between the pair of plates under spring tension.

4. The pick assembly as defined in claim 1 wherein said shaft portion is made from a relatively soft metal such that the player can bend and reshape said shaft portion as desired.

5. The pick assembly as defined in claim 1 wherein said shaft portion comprises a metallic shaft-core portion of circular cross-sectional shape, surrounded by a tubular close-fitting non-metallic sleeve.

6. The pick assembly as defined in claim 1 wherein said handle portion comprises:

a cylindrical handle-core made from metal material; and

a tubular handle-sleeve of non-metallic material closely surrounding the handle-core portion.

7. The pick assembly as defined in claim 2 wherein said tubular handle-sleeve comprises:

a tubular inner handle-sleeve portion made from relatively solid plastic material; and

a tubular outer handle-sleeve portion made from foam plastic material, closely surrounding said inner handle-sleeve portion.

7. The pick assembly as defined in claim 7 wherein said handle-core is configured with a central threaded bore by which said shaft portion is threadedly attached to said handle-core.

8. The pick assembly as defined in claim 7 wherein said handle portion further comprises:

a machine screw, engaging the central threaded bore of said handle-core, having a head portion thereby retaining said handle-sleeve to said handle-core.